



Psychology Training Program -- Pre-internship (Advanced Practicum)

VA Long Beach Healthcare System
5901 East 7th Street (06/116B)
Long Beach, CA 90822
<http://www.longbeach.va.gov/>



Accreditation Status

The doctoral internship and postdoctoral fellowship at the VA Long Beach Healthcare System is accredited by the Commission on Accreditation of the American Psychological Association. Questions related to the program's accredited status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington, DC 20002
Phone: (202) 336-5979 e-mail: apaaccred@apa.org
Internet: <http://www.apa.org/ed/accreditation>

Accreditation does not have bearing on pre-interns or other practicum students, although does reflect the high quality of training our program will provide.

Directors of Training

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Pre-interns and other practicum students are expected to be on-site for 16-18 hours per week under the clinical supervision of their primary supervisor, which is typically divided across 2 days. Pre-interns will complete 1 six-month rotation, and then a 2nd six-month rotation, for a full 52 weeks of training. Accommodations can be made for pre-interns who need to travel for internship interviews, complete practicum early to leave for internship, or dissertation defense. Pre-interns have the option of carrying one long-term psychotherapy case across the training year.

Psychology Setting

The City of Long Beach is located along the California coast in southern Los Angeles County, adjacent to the border of Orange County. Originally becoming popular as a seaside resort in the late 19th century, Long Beach is the fifth largest city in California with an ethnically diverse population of almost a half million people. Its harbor is the home of the famous luxury liner the Queen Mary and the Port of Long Beach, which is the busiest closed container-shipping center in the United States. The area abounds with many recreational, entertainment, cultural, and sporting facilities.

Our VA Long Beach Healthcare System includes the main medical center complex in Long Beach, as well as five community-based healthcare clinics located in West Long Beach (Villages at Cabrillo), Anaheim, Laguna Hills, Santa Ana, and Whittier. VA Long Beach is a part of the Veteran's Integrated Service Network (VISN) 22, which also includes the Southern Nevada VA, San Diego VA, Loma Linda VA, and the Greater Los Angeles Healthcare System consisting of the West Los Angeles VA, the Sepulveda VA Ambulatory Care and Nursing Home, the Los Angeles Ambulatory Care Center, and outlying clinics. Our medical center has been undergoing extensive renovation with two large new buildings, and it is located adjacent to California State University Long Beach. Residents from The University of California at Irvine (UCI) Medical School rotate through Long Beach Memorial Medical Center, VA Long Beach, and UCI Medical Center, which is 13 miles east of us. In Fiscal Year 2013, our medical center had 356 operating beds with an average daily census of 234 and a total of 10,310 in-patients treated. There were a total of 601,149 total outpatient visits at our medical center, and the five surrounding community-based outpatient clinics accounted for another 58,1499 visits for a total of 659,380 total visits for the entire VA Long Beach Healthcare System.

Established in 1947, the Psychology Training Program has always been considered a significant component of mental health services and it has been fully integrated into the VA Long Beach Healthcare System. Since 1980, we have trained more than 262 doctoral interns (226 clinical, including 9 from Psy.D programs and 36 counseling psychology), representing 85 graduate programs from around the country. The internship program was initially granted accreditation by the American Psychological Association in February 1980. Also, for many years we have been training practicum students, typically from local universities, and this year we will have our eighth class of postdoctoral fellows in eight specialty areas.

All staff psychologists are members of the Mental Health Care Group and our Chief of Mental Health is psychiatrist Lawrence Albers, M.D. Our Chief Psychologist is Nicholas Caskey, Ph.D. and our Director of Training is Gretchen Sholty, Ph.D., who is advised by the Executive Training Committee. Andi Scott, Ph.D. is the Director of our postdoctoral program, first funded in 2008. Deirdre Lopez, Ph.D., is the Director of our Pre-internship program and assists Dr. Sholty in overseeing the training program in general. Over half of the total number of our training psychologists has been hired in the past 10 years, especially in the areas of neuropsychology, spinal cord injury, PTSD, Women's Mental Health, and the Behavioral Health Interdisciplinary Program. Also, we have two psychology technicians who administer our psychological testing lab and our vocational counseling program.

Naturally, the generalist training that we provide is highly influenced by our being a VA healthcare facility. Like all VA training programs we serve primarily adult veterans and some active military service people, the majority of whom are male, although an increasing percentage of younger veterans and active duty service members are women. Because we are also a general medical and surgical facility as well as a broad provider of psychological and psychiatric services, several of the training opportunities that we provide have a health psychology focus.

Training Model and Program Philosophy

Our Psychology Doctoral Training Program at the VA Long Beach Healthcare System is committed to close supervision and competency-based training in a highly collegial setting. We endorse the scientist-practitioner model of psychology, and the internship training experience is organized accordingly. We are

guided by both the original Boulder Model (Raimy, 1950) and the update of the scientist-practitioner model as articulated at the 1991 Gainesville conference (Belar & Perry, 1992).

Pre-interns are expected to be developing a solid grounding in the science of psychology. We can teach generalist psychology and empirically supported treatments, but we have to assume that our trainees come with the underlying scientific rigor that can only be provided by their undergraduate and graduate programs. No differentiation is made between clinical and counseling interns with respect to the content of their clinical training experiences. Rather, we tailor our program to meet the individual training needs of each trainee. Although our psychology staff provides a number of specialized services, we believe that training in clinical and counseling psychology at the doctoral level should be broadly based rather than narrowly focused so trainees can immerse themselves in new areas of clinical endeavor to prepare them for internship and beyond.

The program follows a traditional one-to-one apprenticeship model in which the trainee works closely with and often literally alongside her or his supervisor. Primary areas of skills are in clinical assessment and intervention, consultation, research and other scholarly inquiry, and awareness of and sensitivity to professional, ethical, legal, and diversity issues.

Training Schedule and Rotations

After hearing presentations by all the staff psychologists describing their rotations and associated training experiences during orientation week in August, interns and pre-interns plan their training schedule for the entire year with advisement of the Director of Training. Interns will complete rotation selection first, as they are full-time trainees with 4-5 rotations throughout their training year, and then pre-interns will complete their rotation selections. Consulting closely with each other and the training director and assistant, trainees select those training experiences that best meet their individual training needs and interests. Trainees are given considerable latitude in their choice of specific rotations, providing that sufficient attention is given to any training gaps. We also afford the opportunity to blend training in both health psychology and more traditional psychiatric and substance abuse settings.

Program Structure

Each pre-intern will have two primary supervisors throughout the year who are each responsible for the training experiences on their specific rotations. Supervisors assist in selecting patients and making referrals, representing Psychology with the pre-intern in team meetings, and scheduling individual face-to-face and perhaps some group supervision sessions. Pre-interns can expect at least 1-2 hours of total supervision per week. Also, there are opportunities for informal training with interns and postdoctoral fellows in group formats, or receiving supervised supervision by a fellow or intern. The degree of responsibility given the pre-intern and the amount of structure provided depends on his or her level of prior experience and grasp of the particular rotation. The program also includes educational opportunities such as lectures, seminars, and case conferences.

Training Experiences

Below is a list of 13 rotations that are currently available for psychology pre-interns at the VA Long Beach Healthcare System. The specific program developed by a pre-intern must involve the approval of the Director of Training.

1. Behavioral Health Interdisciplinary Program (BHIP)
2. Couples and Family Therapy
3. Health & Wellness
4. Health Promotion and Disease Prevention (HPDP)
5. Interdisciplinary Chronic Pain Management
6. Neuropsychology and Rehabilitation Medicine
7. Outpatient Mental Health at Community Based Outpatient Clinics (CBOCs) – Santa Ana

8. Outpatient Mental Health at Community Based Outpatient Clinics (CBOCs) – Whittier
9. Primary Care-Mental Health Integration (PC-MHI)
10. Program for Traumatic Stress (Combat PTSD)
11. Psychosocial Rehabilitation and Recovery Program Spinal Cord Injury/Dysfunction (SCI)
12. Substance Abuse Treatment Clinic (SATC)
13. Women's Mental Health Center (WMHC)

Behavioral Health Interdisciplinary Program (BHIP)

Supervisors: Lauren Jackson, Psy.D., Megan Gomez, Ph.D., & Jamie Yadavaia, Ph.D.

Program: This rotation is part of a redesign of Mental Health services in which interprofessional teams provide coordinated care for patients in Outpatient Mental Health. It offers experience with a wide range of presenting problems including PTSD, Anxiety Disorders, Mood Disorders, Adjustment Disorders, interpersonal and relational difficulties, pervasive emotion dysregulation, substance abuse, cognitive impairments, and co-morbid medical complications. Patients are referred to this rotation by psychiatrists and nurses from the BHIP mental health teams, Primary Care-Mental Health Integration program, and the Mental Health Treatment Center. As such, trainees will have the opportunity to actively collaborate and consult with these other disciplines and programs during their training. Clinically, this rotation highlights the use of well-formulated CBT case conceptualizations to guide treatment and clinical decision making. Given the wide range of presenting concerns, efforts to train clinicians in adherence to evidence-based treatment protocols while also incorporating individual differences is strongly valued. Both individual and group experiences will be available based on trainee interests. Please see below for specific training experiences offered.

Psychology Training Provided: Trainees on this rotation can select Dr. Jackson, Dr. Gomez or Dr. Yadavaia depending on her or his "goodness of fit" and the specific interests of the supervisors and trainees. Supervision will be individual as well as a weekly group case consultation meeting. Please note that the case consultation meeting encourages concise and brief case conceptualization skills that are required in interdisciplinary settings, as well as the opportunity to practice providing feedback to colleagues. Trainees will also participate in the BHIP triage clinic 2 hours/week where they will hone in on brief assessment and triage skills within BHIP services. Trainees will have the opportunity to attend the weekly DBT Team Consultation meetings should he or she have interest in gaining increased exposure to DBT while on this rotation.

EBP Opportunities: Cognitive Processing Therapy (CPT) for PTSD, Prolonged Exposure (PE) for PTSD, Dialectical Behavior Therapy (DBT) for BPD, Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression, Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT) for depression, Exposure and Response Prevention Therapy (ERP), CogSMART for traumatic brain injury (TBI) and mild cognitive impairment (MCI), and Motivational Interviewing (MI). Group treatments include CBT for Depression and Anxiety, Stress Management, Trauma Skills, Managing Emotions, Mindfulness and ACT.

Assessment Opportunities: MMPI, PAI, RBANS, MoCA

Couples and Family Therapy

Supervisors: Michael Ganz, Ph.D., & Tatiana McDougall, Ph.D.

Program: This rotation offers advanced training in the specialty area of Couples Therapy with a minor emphasis on family outreach, support and education. Patients are referred to this rotation by other providers from throughout the healthcare system.

Psychology Training Provided: Dr. Ganz and Dr. McDougall are the two dedicated Couples Therapy psychologists at the Long Beach VA. EBP opportunities include EFCT, CBCT-PTSD, IPT, ACT, CBT, CPT, EMDR, and PE. Assessment opportunities are on a training-needs basis.

Dr. Ganz approaches his work from various evidence-based modalities depending on the clinical presentation. Supervisees can expect to focus heavily on learning and/or expanding skills in Emotionally Focused Couples Therapy as well as Cognitive Behavioral Conjoint Therapy for PTSD (CBCT-PTSD). Communication skills development/psychoeducation is based on the Gottman approach as well as Scuka's Relationship Enhancement Therapy. Interns in this rotation will have an opportunity to learn and give psycho-educational workshops based on the Scream-Free Parenting approach. For individual cases, Dr. Ganz conceptually integrates from relational psychodynamic and attachment perspectives and uses these as a springboard to address psychopathology in short-term treatment paradigms including CBT and ACT. Dr. Ganz is a former Army psychologist and combat veteran who also has a wealth of experience in treating PTSD with CPT, EMDR, and PE.

Dr. McDougall brings both research and clinical experience working with couples. She emphasizes a psychobiological approach to couples treatment, integrating attachment and research on stress/arousal and neurobiology to treat relationship distress from a holistic perspective. She is strongly influenced by mindfulness-based practices and incorporates this frequently into her work with couples, including leading experiential exercises for couples to increase mindful attunement and lower conflict. She is also trained in CBCT-PTSD and enjoys integrating trauma-focused and relational treatment paradigms. For individual cases, Dr. McDougall takes an integrative approach emphasizing dynamic and attachment-based approaches to case formulation with short-term, evidence-based interventions, including CBT, DBT, IPT, and ACT. Dr. McDougall is also an active member of the DBT Treatment and Consultation team at the Long Beach VA.

Trainees who work with Dr. Ganz and Dr. McDougall will receive both individual and group supervision.

EBP Opportunities: Emotionally Focused Couples Therapy (EFT), Cognitive Behavioral Conjoint Therapy for PTSD (CBCT-PTSD), CBT, ACT, DBT, IPT

Group Therapy Experiences: Trainees can co-lead any of the following groups, based on their interest and schedules. Trainees would typically co-lead with Dr. Ganz or Dr. McDougall, although there are generally opportunities for trainees to take a central role from the beginning and may have the opportunity to lead the group on their own after a few sessions.

- **Secure Foundations: Couples Growing Together (Couples Therapy Group):** Secure Foundations is a part process, part psycho-education group therapy for couples. Supervisees will co-facilitate with Dr. Ganz to help couples build a deeper understanding of one another, improve communication skills, and give/receive support from other couples. Secure Foundations occurs Tuesdays 4:30pm-6pm.
- **Family Support Group (SAFE):** This is an open-ended group for family members and caregivers of Veterans who are looking for support, education, resources, and coping. The group meets Mondays from 5-6:30pm and is supervisee-led and supervised by Dr. Ganz.
- **Mindfulness Group for Couples:** This is a 6-week experiential class designed to teach mindfulness skills in a relational context.

Family Education, Treatment, and Community Outreach:

- **Scream-Free Parenting:** Scream-Free is a psycho-educational workshop for parents that emphasizes emotional self-regulation, healthy boundaries, and parenting contingencies that foster individual responsibility.
- **Family Caregiver Program:** Trainees will have an opportunity to triage, diagnose, and individually treat family caregivers of veterans with mental health conditions.

Health and Wellness

Supervisor: Andrea Scott, PhD, BCB

Program: Dr. Scott primarily works as a health psychologist in a variety of specialty areas including Tobacco Cessation, MOVE! (weight management program), CBT-I (Cognitive Behavioral Therapy for Insomnia), biofeedback, and mental health readiness evaluations for bariatric surgery, hormone replacement therapy and gender reassignment surgery.

Tobacco Cessation Program: Smoking is one of the leading causes of preventable deaths in the United States. The program at Long Beach VA begins with an 8-week series (**Tobacco Cessation Group**) co-lead by psychology and pharmacy. Veterans learn about important lifestyle changes as well as receive NRT (nicotine replacement therapy). This program includes CVT (clinical video telehealth) to our neighboring CBOCs (community based outpatient clinics). Following the 8-week series Veterans can attend the weekly graduate group (**Tobacco Relapse Prevention Group**) for ongoing support to stay quit.

MOVE! Weight Management Program: MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention. As part of the interdisciplinary team (Nutrition, Occupational Therapy, Kinesiotherapy and Psychology) the health psychologist teaches "Lifestyle Change" in the 7-week curriculum. This program also includes CVT (clinical video telehealth) to our neighboring CBOCs (community based outpatient clinics). Veterans being considered for Bariatric Surgery are required to complete a multiphase evaluation process for candidacy including psychological evaluation (clinical intake and psychodiagnostic testing). Results are reported to the Bariatric Surgery Team for approval, delay or denial of surgery.

CBT-I (Cognitive Behavioral Therapy for Insomnia): CBT-I is a short-term EBP designed to help patients improve the quality and quantity of their sleep. This protocol focuses on sleep assessment, sleep efficiency, stimulus control, sleep consolidation, sleep guidelines, relaxation training and cognitive distortions about sleep. It can be delivered as either group or individual treatment.

Biofeedback: Biofeedback Therapy uses non-invasive electronic monitoring equipment to help Veterans observe and understand their physiological responses to acute and chronic stress, and learn how to change those responses to improve physical and psychological health/wellness. Trainees will learn how to educate Veterans about what biofeedback is, types of biofeedback (e.g., respiration, heart rate variability, skin conductance, skin temperature and muscle tension) and indications for using biofeedback. Teach Veterans how to improve their heart rate variability, decrease sympathetic nervous system overactivation and increase parasympathetic activity.

Psychology Training Provided:

Interns will gain experience working as a health-focused provider within a biopsychosocial-spiritual model of care. The intern will be exposed to preventive medicine, group and 1:1 interventions, mental health readiness evaluations and specialty support groups. Common therapeutic issues include motivation, treatment compliance, goal setting, autonomic dysregulation, addiction, chronic pain, anxiety, mindfulness and sleep education. Interns will gain diverse interdisciplinary experiences.

EBP opportunities: CBT-I, CBT-D

Assessment opportunities: Mental health readiness evaluations for bariatric surgery, hormone replacement therapy and gender reassignment surgery (AUDIT-C, DAST-20, QEWP-R, MHLC, MBMD, MoCA, BDI-II, PCL-5)

Health Promotion and Disease Prevention (HPDP)

Supervisor: Lia Kraemer, Ph.D.

Program: Health Promotion/Disease Prevention (HPDP) is a VA initiative launched in recognition that maladaptive health behaviors affect the development and maintenance of chronic disease. Increased

attention is being paid to promoting positive health behaviors and decreasing maladaptive health behaviors. The Health Behavior Coordinator (HBC) position was created through this initiative, and the HBC is intended to serve several roles within primary care. These include: a) training, mentoring, and guiding primary care staff to support patient self-management and address health-related behaviors through the use of motivational interviewing and other empirically-based communication and health behavior change approaches; b) working closely with the Health Promotion Disease Prevention Program (HPDP) to develop new or adapt existing HPDP programs, guide implementation of HPDP programs, and coordinate evaluation strategies to determine the efficacy of these programs at the medical center; and c) some clinical responsibilities related to health promotion interventions. In this way, the HBC supports veterans in making positive health behavior changes by providing trainings to primary care staff, supporting primary care staff as they support patients in making behavior changes, and some direct service delivery to patients.

Psychology Training Provided: This rotation incorporates a strong behavioral medicine focus, with specific attention paid to the unique health psychology skill set involved in supporting veterans in making positive health behavior changes. On this rotation the intern will collaborate with the facility's Health Behavior Coordinator (HBC) and an interdisciplinary HPDP Program Committee in the provision of a myriad of activities which may include some or all of the following components consistent with HPDP initiatives: medical staff education and training (e.g., motivational interviewing, health behavior coaching, patient-provider communication), consultative services with primary care team members and others regarding supporting patient health promotion/disease prevention, direct clinical care (group and/or individual), as well as program development/management/evaluation, performance improvement, and various other health care leadership/administrative tasks. HPDP services are interdisciplinary in nature and highly integrated within Primary Care's Patient Aligned Care Team (PACT) and among other hospital programs. The intern is expected to gain particular experience working as part of an interdisciplinary team and communicating with other health care providers. It would be preferred for trainees to be available on Mondays for the Stress Management & Relaxation group (1-2:30 pm weekly) and Wednesday mornings for the Chronic Pain Class (10:30-12) every other month. The Sleep Class occurs on the first Tuesday of the month from 1-2:30 pm.

EBP Opportunities: CBT, health behavior coaching, motivational interviewing, problem solving, and goal setting interventions for individual and group patients as needed.

Interdisciplinary Chronic Pain Management

Supervisor: L. Jennifer Chou, Ph.D.

Program: Dr. Chou primarily works as a health psychologist within the Interdisciplinary Pain Management Clinic (IPC) where she serves as the primary mental health provider and consultant within the clinic. The role of the pain psychologist in the Pain Clinic includes: conducting mental health/pain management intakes, providing health based psychotherapy (individual and group), serving as a mental health consultant to the IPC team, participating in interdisciplinary treatment, and serving as the liaison to other mental health services. Interns training under Dr. Chou would gain experience in areas described above.

Interdisciplinary Pain Clinic:

The Interdisciplinary Pain Management Clinic (IPC) is a new specialty chronic pain team at VA Long Beach that provides holistic pain management treatment to veterans across the hospital. The team consists of a PM&R pain specialist physician, pain pharmacist, pain psychologist, NP, LVN, RN case manager, occupational therapist, kinesiotherapist, and physical therapist (to be hired). Patients seen by the IPC team tend to have more severe and complicated chronic pain conditions, often on high doses of opioid medication from across the hospital. All patients in the Pain Clinic are followed by the pain physician and subsequent pain management services and care coordination are tailored to the individual patient. The goal of IPC is to not only help patients decrease pain intensity but also to improve their quality of life and functioning.

Psychology Training Provided:

Interns on this rotation have the opportunity to gain valuable experience working as a health-focused mental health provider on a truly interdisciplinary team. As one of the few mental health providers in the clinic, the intern will serve as a consultant, provider, and liaison between Pain Clinic and other mental health services in the hospital. Interns will have the opportunity to observe, participate, and provide various interventions for pain management, which may include: sitting in and participating in interdisciplinary team meetings and case consultation, observing pain intake appointments with various disciplines, conducting pain psychology intakes, providing mental health support/consultation to the IPC team, and providing health focused therapy to pain clinic patients. This is a great training rotation for those seeking to learn how to implement traditional psychology and mental health services in a medical setting and approaching the treatment of chronic health conditions from a truly biopsychosocial model of care. Experience and knowledge gained in the rotation will be applicable to any interdisciplinary team and especially those hoping to work in health psychology.

Psychotherapy:

Interns will be involved with Pain Clinic intakes, pain psychology/psychodiagnostic assessment, individual therapy, and group therapy. Common therapeutic issues include motivation, treatment compliance, anger, co-occurring mood disorders (e.g. anxiety, depression, PTSD), substance use disorder, and sleep difficulties.

Individual therapy can include brief behaviorally focused therapy (4-8 sessions) or longer term individual psychotherapy up to 12 sessions that may include the CBT-Chronic Pain protocol treatment and CBT-insomnia. Intern can be involved in existing chronic pain management groups (CBT, substance use disorders and chronic pain, and anger management), as well as develop his/her own chronic pain related group (e.g. ACT, PTSD, Yoga/mindfulness, sexual functioning). For those interested in program development, this rotation also provides the opportunity to be a part of the development of the clinic as it continues to expand.

EBP Opportunities:

- CBT- Chronic Pain
- CBT - Insomnia
- Limited opportunities for CPT (with a combined focus on PTSD and chronic pain management)

Assessment Opportunities:

- Chronic Pain assessments/intakes conducted to diagnose, recommend treatment, assess for risk, and treatment plan
- Measures utilized: BDI-II, PHQ-9, PCL-5, chronic pain measures, insomnia measures

Neuropsychology and Rehabilitation Medicine

Supervisors: Lauren Dill, Psy.D., & Vanessa Zizak, Ph.D. (a third neuropsychologist will also be joining LBVA before the next training year)

Program: The over-arching goal is for students to obtain entry-level broad-based skills as a Clinical Psychologist, with specialization training in Neuropsychology that prepares them for applying to advanced post-doctoral training in medical and/or academic settings. This is accomplished through selecting interns with specialized interest and an academic foundation in neuropsychology, providing clinic services under an apprenticeship model, and holding a year-long didactic seminar.

Gaining experience evaluating a wide variety of Veterans with neurological, psychiatric and/or concomitant disorders and exposure to multiple diagnostic tools are the core strengths offered at this program. This Neuropsychology Clinic provides clinical neuropsychological consultation to the entire healthcare facility, including Psychiatry, Neurology, Geriatric and Evaluation Management (GEM)/Geropsychology and Rehabilitation Medicine. Such consultation usually consists of the assessment of neuropsychological and psychological functioning using a broad range of quantitative and qualitative approaches. In addition, the intern gains experience with the Traumatic Brain Injury (TBI)/Polytrauma program, including evaluating patients for traumatic brain injury and holding monthly

cognitive education groups for mTBI patients. Interns will have opportunities to supervise practicum level students on cases and treatment.

Clinical Neuropsychology Seminar: Formal didactics are held weekly and mainly focus on clinical, academic, professional and research that is relevant in the field of Clinical Neuropsychology. This forum encompasses topics such as behavioral neurology; neuroanatomy (brain-behavior relationships), pathology (Brain Cuttings), and review of radiological findings, diagnostic syndrome analysis (e.g., aphasia, dementia etc), cultural consideration for test selection and interpretation, and ABPP board certification. Case conferences and journal article review will also be conducted during the seminar.

Psychology Training Provided: The intern can expect to be exposed to a wide variety of test batteries for neuropsychological assessment, utilizing different approaches (i.e., screening, process, flexible and structured batteries). By the time the intern has completed the rotation, she or he can also expect to select an appropriate testing battery based on the referral question and patient's likely neuropathology and history. Information obtained from the assessment is used to answer diverse referral requests, e.g., identifying the presence, localization, and nature of brain lesions or dysfunction; establishing baseline functioning; and identifying the pattern of neuropsychological and personality strengths and weaknesses. This information is used to aid in establishing diagnosis, treatment, rehabilitation planning, and prognosis. Interns also have the opportunity to conduct cognitive retraining with brain-injured patients.

Neuropsychological Assessment Protocol Offered:

The Long Beach VA has access to a significant number of tests. Below are a few examples of tests/batteries and/or questionnaires available. By no means is this list exhaustive.

- Halstead-Reitan Battery
- Delis-Kaplan Executive Functioning System (D-KEFs)
- Performance Validity Measures (TOMM, Victoria SVT, WMT, Dot Counting, Rey-15)
- Premorbid Intelligence Estimates (WTAR, TOPF, WASI)
- Intelligence Testing (WAIS-IV)
- Academic Testing (Nelson-Denny, WIAT, Woodcock-Johnson, CPT)
- Aphasia/ Dementia Screening Batteries (DRS-II, MoCA, RBANS, NAB, BDAE, MAE, WAB)
- Memory Testing (CVLT-II, HVLIT-R, BVMT-R, WMS Subtests)
- Executive Functioning (D-KEFS, WCST, Category Test)
- Social Reasoning/ Behavioral Questionnaires (Iowa Gambling Task, Clinical Solutions, TOP-J, ILS, FRSBE, Brief-A)
- Psychological Functioning (BDI-II, BAI-II, GDS, PCL, CES, PHQ-9; GAD-7; Katz ADLs/IADLs; caregiver burden scales)
- Psychological and Personality Testing for select complex cases (MMPI-RF, PAI, MCMI)

Research Opportunities: Involvement with research is encouraged, but not mandatory in this clinic. Research opportunities in developing new studies as well as assisting with existing research will be available. The clinic has geriatric, general and mTBI patient databases built or that may be expanded on. Students are encouraged to work on posters and/or papers for publication. Opportunities to assist with clinical research investigating differential diagnosis; improving diagnostic screening and cognitive profiles and emotion in Veteran's with mild cognitive impairment, neurodegenerative illness (AD, VaD), TBI, Stroke (vascular risk factors) and pre-post bariatric patients in available in Dr. Zizak's clinic, with the Chief of Neurology, Dr. Steven Schreiber, bariatric surgeon, Dr. Brian Smith and in collaboration with UCI research psychologists.

Outpatient Mental Health at Community Based Outpatient Clinics (CBOCs)

Supervisors: Leigh Messinides, Ph.D., & Juliet Hung, Ph.D., A.B.P.P., Tara Nyasio, Psy.D., Amy Potts, Ph.D., & Suzanne Hilleary, Ph.D.

Program: Trainees can choose a specific emphasis area within the Outpatient Mental Health CBOC program based on the emphases provided by supervisors' descriptions below.

Santa Ana CBOC (Leigh Messinides, Ph.D. & Juliet Hung, Ph.D., A.B.P.P): The Santa Ana CBOC is 16 miles east of VA Long Beach, which is about a 30-minute drive. Drs. Messinides, Nyasio and Hung are the clinical staff psychologists stationed there. Dr. Messinides is also the Local Evidence-Based Psychotherapy Coordinator, part of a national initiative in VA to provide advanced training in selected psychotherapies to VA staff.

EBP opportunities: available through supervision with the above staff, who are trained in CBT-D, CBT-I, Seeking Safety, PE, and CPT. Supervision can/will be provided by all supervisors **combined** and can be in individual and/or group psychotherapy. Trainees would work closely with an interdisciplinary team consisting of Psychiatry, Psychiatric Nurse Practitioner, RN, addiction therapist and our Addictions Therapist. We are co-located with primary care allowing ease of coordination for medical and mental health issues. This is also an opportunity to provide services using clinical video-conferencing (CVT).

Assessment opportunities: PAI, MMPI-2, MCMI, CAPS, ADHD evaluation, neuropsych evaluation, dissociative disorder evals, SCID, TAT, Rorschach, etc.

Dr. Messinides has a long-standing interest in the integration of psychotherapy orientations, and currently is adapting past training in both CBT and psychodynamic psychotherapy to incorporate mindfulness based approaches, constructivism theory, and attachment theory. She runs a weekly ongoing psychotherapy group, as well as a short-term training for veterans to learn Mantram Repetition, an evidence-based alternative medicine intervention teaching stress management skills developed at the VA San Diego. She has completed VA requirements for training in Cognitive Processing Therapy for PTSD. Dr. Hung has completed VA requirements for training in the following: DBT, CBT I, CBT – Depression (individual & group); CPT (individual and group), and PE. She is currently a VA national trainer for CBT Depression (blended group model group). She also has a long-standing interest in psychodynamic psychotherapy, forensic psychology and assessment and psychological testing in characterological disorders. Dr. Hung facilitates several EBP groups (i.e., CBT I, CPT, CPAP, CBT Dep) that are open for trainees to participate. Dr. Nyasio is the most recent psychologist to join the mental health team at the Santa Ana CBOC. Her primary treatment theoretical orientation is Cognitive Behavioral Therapy. She has completed VA Requirements for training in CPT and PE for PTSD. Dr. Nyasio anticipates facilitating several groups during the upcoming internship year (CPT, non-Combat PTSD, Seeking Safety, Panic Disorder) all of which are open for trainee participation.

Because of the nature of the CBOC, trainees can expect to treat a wide variety of presenting problems and obtain a solid foundation of outpatient psychotherapy experience. Trainees on this rotation will have the opportunity to provide individual and group psychotherapy in an outpatient setting. The clinic serves a diverse population of Veterans and trainees will be exposed to a variety of presenting problems including depression, anxiety, PTSD, chronic pain, acute and chronic medical conditions, relationship difficulties, and anger management. Trainees can be expected to carry a caseload of individual therapy clients, assist in running time-limited therapy groups or process oriented groups, and participate in outreach efforts to the community. Depending on the clinical interest of the trainee, there may also be limited opportunities for long-term therapy, psychological testing, crisis intervention, and primary care consultation as well as opportunities for CAM (e.g., yoga, mantra) and interact with the Veteran's court and/or VASH program staff. The clinic offers the opportunity to be part of a multidisciplinary team of psychologists, social workers, nurses, primary care physicians, and an addiction therapist.

Whittier CBOC (Suzanne Hilleary, Ph.D. & Amy Potts, Ph.D.): The Whittier CBOC is 14 miles north of VA Long Beach (via the 605 freeway), which is about a 25-30 minute drive. Drs. Hilleary and Potts are the clinical staff psychologists stationed there. The psychology service at the CBOC functions as a general outpatient center with both group and individual therapy options available, serving Veterans with a variety of presenting problems and diagnoses. Unique training opportunities available at the CBOC include gaining experience assessing and triaging to care at the CBOC vs. the main hospital, depending on the level of patient severity and treatment needs. The psychologists at the Whittier CBOC offer a variety of treatment options, including evidence-based psychotherapies on both a group and individual outpatient basis.

EBP opportunities: Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT), Skills Training in Affective and Interpersonal Regulation (STAIR), and Stress Inoculation Training (SIT).

Assessment opportunities: PAI, MMPI-2, CAPS, MoCA, PCL-5, BDI-II, BAI, BPD assessments (DERS, MSI-BPD, BSL-23)

Psychology Training Provided:

On this rotation, training is heavily influenced by supervisee's training needs and interests. Because of the nature of a CBOC, trainees can expect to treat a wide array of presenting problems and diagnoses, thereby gaining a solid foundation in outpatient psychotherapy. Trainees will have the opportunity to provide both group and individual psychotherapy and gain ample experience in intake assessment. Unique training opportunities available at the CBOC include gaining experience assessing and triaging to care at the CBOC vs. the main hospital, depending on the level of patient severity and treatment needs. Trainees will also gain experience in EBPs, including Cognitive Behavioral Therapy, Prolonged Exposure, Cognitive Processing Therapy, and Dialectical Behavioral Therapy. There will also be individual and group training opportunities available in behavioral medicine-focused interventions such as Cognitive Behavioral Therapy for Insomnia (CBT-I), chronic pain management, and issues surrounding medication compliance. The clinic offers the opportunity to be part of a multidisciplinary team that includes psychologists, psychiatrists, social workers, nurses, and primary care physicians.

Primary Care-Mental Health Integration (PC-MHI)

Supervisors: Elizabeth Chereji, Ph.D., Stacy Eisenberg, Ph.D., Corina Lopez, Ph.D., & Shaquita Tillman, Psy.D.

Program: The mission of Primary Care-Mental Health Integration (PC-MHI) is to detect and address the broad spectrum of behavioral health needs among primary care patients, with the aims of early identification, quick resolution of identified problems, long-term problem prevention, and healthy lifestyle support. A major goal is to support the primary care provider in identifying and treating patients with mental health diagnoses and/or need for behavioral interventions. This approach involves providing services to primary care patients in a collaborative framework with primary care team providers and staff. The focus is on resolving problems within the primary care service context. In this sense, the behavioral health provider is a key member of the primary care team. Behavioral health visits are brief (generally 20-30 minutes), limited in number (1-6 visits with an average of between 2 and 3 per VSSC dashboard), and are provided in the primary care practice area. Visits are structured so that the patient views meeting with the behavioral health provider as a routine primary care service. The referring primary care provider is the chief "customer" of the service and, at all times, remains the overall care leader. This model of co-located, collaborative care with embedded behavioral health providers in primary care clinics represents a main entry point in the continuum of care which should include "a range of effective delivery methods that are convenient to Veterans and their families" (VA Strategic Plan, 2010, p. 33).

Psychology Training Provided: The PCMHI rotation is an interprofessional outpatient mental health service embedded within primary care. A primary function of this rotation is to provide interns with experience and training in providing patient-centered care while working collaboratively with providers from other professions (e.g. psychiatrists, physicians, social workers, nurses and nurse practitioners). PCMHI patient referrals are based upon patient request, primary care provider recommendation, and/or cutoff scores on the VA primary care measures of depression, anxiety, and PTSD. Upon initial referral, patients meet with a co-located mental health provider and complete a brief clinical interview, self-report measures, and a semi-structured clinical interview. Based on their level of impairment and interests in treatment, patients are offered a medication consultation with a PCMHI psychiatrist and/or brief evidence-based psychotherapy with a PCMHI psychologist or social worker. Within this program, interns will be trained in a wide range of clinical activities, including brief evidence-based psychotherapy, integration of behavioral health practices into psychotherapeutic approach, and coordination of treatment within a multidisciplinary team of primary care and mental health providers. Treatment modalities commonly used include psychoeducation, behavioral activation, motivational interviewing, mindfulness-based

interventions, cognitive behavioral therapy, health coaching, and relaxation training. Patients with more severe psychopathology and/or impairment are referred directly to more intensive interventions in the mental health department based on a case-by-case clinical judgment (e.g., bipolar disorder, personality disorders, and psychotic symptoms). Program development is also a possibility depending on interns' time and needs. After completing the PCMH rotation, interns will be able to:

- Develop/complete brief evidence-based assessment and treatment plans for patients within primary care
- Deliver brief versions of evidence-based psychotherapy for depressive and anxiety disorders
- Provide brief evidence-based interventions for a variety of mental health concerns, including depression, anxiety, anger management, stress management, grief, sleep disturbances, and mild substance abuse and PTSD.
- Assist with developing ongoing mental health treatment plan and triage to appropriate mental health services as needed.
- Provide consultation to providers within the VA Primary Care and PCMH programs including communication of assessment findings and collaborative treatment planning.

The following groups/workshops **based on EBPs** are available for trainees in the PCMH rotation:

- Anger Management group
- CBT for Depression group
- CBTI group
- Coping with Congestive Heart Failure
- Coping with Physical Illness group
- Grief Support Group
- Mindful Living with Chronic Illness group
- Motivational Interviewing workshop for primary care providers
- Parkinson's Support group
- Cognition Class
- Relationships in Recovery group
- Relaxation/Meditation drop-in group
- TEACH Health workshop for providers

Psychosocial Rehabilitation and Recovery Program (Pathways Recovery Center: A Mental Health Psychosocial Recovery Program)

Supervisor: Richard Tingey, Ph.D.

Program: The MH Pathways Recovery Center (PRC) blends active mental health treatment with practical rehabilitation and recovery work. As part of our healthcare facility's mental health services, it provides continuity of care between the inpatient units/acute care and other less intensive outpatient programs, and care to Veterans whose functioning is notably impaired because of a severe mental health condition. The goal is to decrease distress, enhance skillful living and foster community reintegration. The center is intended for Veterans dealing with severe and chronic mental health conditions such as schizophrenia, schizoaffective disorder, severe depression, bipolar disorder or severe personality disorders. The programming is designed to assist them in moving the focus of their life away from their mental health issues & subsequent distress, and towards functioning in a meaningful way within their community. We also provide concurrent treatment for clients who also have a drug or alcohol problem via our Addictions Treatment Track. The PRC assists Veterans in making the psychological, emotional, and social transition towards MH recovery; particularly when it cannot be achieved using more traditional outpatient services. We have an excellent interprofessional team (psychologist, psychosocial rehab fellow, psychiatrist, nurses, MH health technician, peer support specialist, and occupational therapist) that provides exceptional care and really enjoys the opportunity to work with interns.

Psychology Training Provided: Interns can leave the PRC having done almost everything the regular staff members do. They conduct intake assessments, provide individual and group psychotherapy, case coordination, crisis intervention, treatment/recovery planning, psychological evaluations, community integration, discharge planning, and present in interdisciplinary rounds. They may choose to emphasize one or two areas or opt to sample it all.

Evidence-based Practices: Opportunities to learn EBP are available via our ACT for Psychosis and our DBT for Psychosis Groups. Application of these approaches in individual Tx is also provided. Interns have the opportunity to lead groups on their own, or team up with other staff members. These many experiences are spread through the rotation to give the intern time to adjust and reflect on their experience. The staff members are quite flexible and are very skilled at providing the type of training the intern seeks.

Program for Traumatic Stress (Combat PTSD)

Supervisors: Shelly Crosby, Psy.D., John Huang, and Ph.D., Deirdre Lopez, Ph.D.

Program: Trainees can choose a specific emphasis area within the combat PTSD program based on the emphases provided by supervisors' descriptions below.

PTSD and LGBT/Diversity (Shelly Crosby, Psy.D.): Dr. Crosby completed her Postdoctoral fellowship with the Combat PTSD team, and returned to work at LBVA in the fall of 2015. Dr. Crosby is involved in many aspects of the Combat PTSD program including intake assessment, individual therapy, and group therapy. Trainees working with Dr. Crosby will have opportunities to receive supervision in evidence-based individual therapy (e.g. Cognitive Processing Therapy, Prolonged Exposure, and CBT for insomnia) as well as opportunities to co-lead Combat-PTSD treatment group(s) including CBT Skills for Depression & PTSD (Tuesdays 9-10am) and Cognitive Processing Therapy (Tuesdays 10-11:30am). In addition, Dr. Crosby is currently providing coverage for the Seeking Safety group for PTSD and Substance Use Disorders (Mondays 1:30-3pm). On this rotation, trainees will also attend the weekly PTSD team meeting (Wednesdays 8-9am) and PTSD didactics (2nd and 4th Thursdays 12-1pm).

In addition to her role with the combat PTSD program, Dr. Crosby co-leads the LGBTQ Support Group within General Mental Health. Dr. Crosby is also active with the Mental Health Multicultural Diversity Committee, and was recently selected as the Mental Health LGBT Clinical Care Coordinator/Point of Contact for Veterans at LBVA. Trainees working with Dr. Crosby may have opportunities to be involved in LGBTQ and/or Diversity activities, depending on training goals and schedule availability.

PTSD and Mindfulness (John Huang, Ph.D.): Dr. Huang conducts a 12-week closed Combat PTSD Group which focuses on group process and psycho-educational topics. It is a group generally ranging from 12-16 people, with an emphasis on forming a group alliance and teaching coping skills. He also leads the Mindfulness and PTSD group, which focuses on the practice of mindfulness in dealing with PTSD and general stress. Mindfulness is a type of meditation with three main components: focusing on the present moment, using full awareness, and having a non-judgmental, accepting attitude. He also facilitates the monthly mindfulness meeting, which entails additional supervision on mindfulness topics and a discussion group on different mindfulness readings and practices. He facilitates a tai chi group (a slow-moving, meditative martial art) for combat vets, as well as a drum circle, which helps with behavioral activation, a sense of connection, and brain plasticity. Dr. Huang also conducts a relaxation group, a Cognitive Processing Therapy (CPT) group and a CBT for Insomnia group. He sees a number of individual patients, using modalities such as CPT and Prolonged Exposure (PE) to do trauma-focused work. He is also trained in Eye Movement Desensitization Reprocessing (EMDR) for treating trauma and Acceptance and Commitment Therapy (ACT) for treating depression. Another one of Dr. Huang's interests is spirituality and psychology, especially in how spirituality facilitates coping, healing, and creating meaning. Interns will have the opportunity to co-lead the combat PTSD, CPT, relaxation, and Mindfulness and PTSD groups. Interns would help facilitate the group process as well as lead some of the mindfulness and relaxation exercises. They would have an opportunity to learn CBT for insomnia if interested. They would also conduct intakes as well as individual therapy with this population. Dr. Huang would be able to supervise the trainee on CPT, PE, and ACT if the interns' individual patients are good

candidates for the treatments. Required dates and times on the rotation include: Mindfulness Mondays 9am-10am, Cognitive Processing Therapy Tuesdays 1-230pm (for 13 wks), PTSD team meeting Wednesdays 8am-9am, PTSD didactics 2nd and 4th Thursdays of the month 12-1pm, and 12-week combat PTSD group Fridays 10-11am. However, conflicts may be able to be worked out.

PTSD and Moral Injury (Deirdre Lopez, Ph.D.): Dr. Lopez provides opportunities for trainees to conduct intakes, Prolonged Exposure Therapy with individuals, and Cognitive Processing Therapy with individuals and/or in a group format. She also facilitates a 12-week Combat PTSD group, a Women's Combat PTSD group on Thursday evenings, and a Moral Injury group (related to combat trauma), which utilizes ACT principles and Adaptive Disclosure. Trainees are welcome to co-facilitate 1-2 of these groups. Dr. Lopez's interests include EMDR therapy, resilience, posttraumatic growth, cultural attachment/belonging related to transitioning from "soldier to civilian," and moral injury. She aspires to create a group for treatment graduates who have identified "giving back" as a meaningful life value, and who wish to live this value fully through service to other Veterans.

EBP Opportunities: CPT, PE, ACT for PTSD, MI, Adaptive Disclosure, Seeking Safety, IPT, CBT-Insomnia

Spinal Cord Injury/Dysfunction (SCI)

Supervisors: Sarah Fraley, Ph.D., David Kerner, Ph.D., Linda Mona, Ph.D., and Stacy Reger, Ph.D.

Program: The Spinal Cord Injury/Disorder (SCI/D) Health Care Group is the largest SCI center in the United States. It is a thriving program, with some of the greatest resources in the entire hospital. Patients in this setting present a broad spectrum of SCI/Ds, from the newly injured individual facing a catastrophic life change, to the individual injured many years ago who is now coping with decreased functional ability as a result of the aging process. Five staff psychologists, along with interns, pre-interns, and postdoctoral fellows, provide mental health and behavioral health services to Veterans with SCI/Ds on an inpatient and outpatient basis. The inpatient population includes three SCI/D hospital wards, and one 12-resident long-term care facility that provides SCI/D-specific care.

SCI/Ds can result from traumatic injury such as gunshot wound or motor vehicle accident, or from a variety of non-traumatic causes such as multiple sclerosis. Persons with SCI/Ds are classified as either tetraplegic or paraplegic. The tetraplegic (quadriplegic) individual has experienced a traumatic injury or impairment in one or more cervical segments of his or her spinal cord, resulting in sensory and motor loss in the arms, hands, as well as in all areas below the damaged level. Paraplegics have damaged or diseased spinal cords in the thoracic, lumbar, or sacral segments, causing loss of sensory and motor function (paralysis) at the point of injury and below.

SCI/D rehabilitation and treatment demands a broad interdisciplinary approach, both for acute rehabilitation and for ongoing care. The psychologists and interns work within closely-knit teams that include physicians, pharmacists, social workers, rehabilitation therapists, case managers, dietitians, respiratory therapists, psychiatrists, and especially the nursing staffs of the three SCI units. Psychology staff assesses each patient and provide interventions that address a wide variety of adjustment, mental health, and health behavior concerns. Dr. Kerner works with the acute rehab team, but he is not licensed in California. Hence, he has been a perennially favorite supervisor among pre-interns. Drs. Fraley, Mona, and Reger are all California licensed and work with Pre-interns, Interns, and Postdoctoral Fellows. Frequently-seen problems include adjustment to disability; depression and anxiety; pain; and compliance/adherence concerns. Intervention approaches include individual counseling, education, and psychotherapy, sex therapy, relaxation training, pain management, social skills training, patient education, couples therapy, and psychosocial support for the injured person's family and other social support systems. There is a small neuropsychological testing service housed within SCI/D and trainees have the opportunity for cognitive testing and report writing during this rotation, depending on the availability of referrals. In addition, close consultation with the SCI/D team forms a central part of the psychologist's role.

Psychology Training Provided: Interns obtain experience in observing, evaluating, and facilitating the adjustment of individuals following a disabling injury. The intern learns to promote coping strategies and assist reintegration into meaningful life activities and roles. Interns gain valuable experience working within interdisciplinary medical teams and also within a consultation-liaison framework. It is expected that the intern will fulfill the behavioral health needs of the unit through assessment, consultation, treatment, and the use of appropriate referrals. Longer-term outpatient work is also available, as are opportunities for staff in-service training. The concepts and strategies learned are not unique to the treatment of SCI/D patients, but can be generalized to other medical populations. It is not expected or necessary for trainees to have specific interest in SCI/D per se. Because many job openings for psychologists now require some background working with physicians and medical teams, this rotation is especially useful for interns seeking to enhance their marketability in that area.

Assessment Opportunities: Flexible-battery neuropsychological testing for a variety of referral questions, including establishing cognitive baseline in aging, diagnostic clarification in cognitive decline, questions of capacity for medical decision-making/independent living, and clarifying strengths and weaknesses to inform treatment planning. Patients are mostly (but not all) older adults, and presenting problems/common diagnoses can include Multiple Sclerosis, Vascular Dementia, Traumatic Brain Injury, psychiatric diagnoses, and cognitive decline related to multiple etiologies. Tests administered are determined on an individual basis, depending on the question and factors unique to the patient (e.g., limited use of hands due to SCI), but include measures of a variety of domains.

Assessment opportunities outside the neuropsych clinic in SCI include a structured clinical interview in Annual Evaluation clinic, as well as outcome measures (e.g., Satisfaction with Life Scale) in acute rehab (CARF).

EBP Opportunities: CBT

Substance Abuse Treatment Clinic (SATC)

Supervisor: Henry C. Benedict, Ph.D.

Program: The outpatient substance abuse treatment clinic (SATC) is composed of a mixed population of dual diagnosis, dual addiction and alcohol only patients. The Veterans in this program are often, but not always, graduates of an intensive inpatient program who then come to SATC for follow up treatment. Others come straight to SATC because they have stable housing. The groups are process in nature covering all aspects of recovery from addiction and co-morbid disorders. Veterans in this group are also provided with individual psychotherapy opportunities, vocational rehabilitation counseling, and HUD/VA Supported Housing.

Psychology Training Provided: Interns can expect to participate in all aspects and activities of the program. Examples include acting as co-therapist in groups of 10-15 patients, counseling individual cases, doing intake interviews with and without the use of psychological testing, and participating in one- and three-week treatment plan updates. The training experience should provide the intern with an understanding of the dynamics of substance abuse in the dually diagnosed and dually addicted patient, and the techniques involved in their treatment. Every Wednesday from 8:30-10AM we have SATC meetings and staffings of selected patients. Thursdays are key days with a groups from 1-2Pm and 6-7:30PM. I do a pre bed and stabilization group every Wednesday from 2-3PM but only pre interns can attend because of the intern seminar.

EBP Opportunities: Yalom-focused group psychotherapy for substance use disorders. For individual psychotherapy, trainees are encouraged to utilize any EBPs that fit best with the patients and their presenting problems.

Veterans Transition Center, Transition and Care Management Program

Supervisor: Yasmeen Yamini-Benjamin, Ph.D.

Program Description: The Veterans Transition Center consists of two Patient Aligned Care Teams and the Transition and Care Management Program for OEF/OIF/OND Veterans, Reservists, and Active Duty service members. The Transition and Care Management Program provides case management services to Veterans, Reservists, and Active Duty members that served on or after September 11, 2011 and have an indicated need for case management services, such as coordination of medical appointments, information about job resources, or information about military benefits. For those patients that are actively being case managed by the Registered Nurses and Social Workers in the Transition and Care Management Program, Dr. Benjamin provides initial Psychological evaluations, adjustment-focused short-term therapy, classes, groups, and coordinates the mental health treatment of transitioning Veterans and Reservists with other specialty programs such as PTSD, Women's Outpatient Mental Health, and Substance Abuse Treatment.

Psychology Training Provided:

Interns will primarily gain experience working with Veterans who are in the early stages of transitioning from the military. These Veterans can experience unique challenges associated with relating to civilians, establishing a new life purpose, and living with mental health symptoms that resulted from their military service. Interns will conduct mental health intakes, provide short-term, goal-focused therapy, make referrals to specialty mental health programs, provide psychological interventions during drop-in hours, have the opportunity to co-lead and or start a new specialty class of interest, and provide consultation services to Case Managers.

EBP opportunities: Cognitive Processing Therapy and Prolonged Exposure Therapy

Women's Mental Health Center (WMHC) & PTSD

Supervisors: Linda R. Baggett, Ph.D., Gretchen L. Sholty, Ph.D., & Camila R. Williams, Ph.D.

Program: The Women's Mental Health Center (WMHC) exists to serve the gender-specific needs of female Veterans. The clinic functions as an outpatient center with both group and individual therapy options for female Veterans. Additionally, the clinic offers the L.I.F.E. Program, a 12-week group-based treatment program for women with a history of complex sexual trauma. Trainees on this rotation have the opportunity to have involvement in the L.I.F.E. Program, as well as other outpatient groups and individual therapy. In addition to interns, the WMHC also has a postdoctoral fellow and pre-interns. Our staff is comprised of psychologists, marriage and family therapists, a clinical social worker, a yoga therapist, and a program support assistant.

Outpatient Psychotherapy

We offer individual and group psychotherapy, including a variety of evidence-based treatments such as Cognitive Processing Therapy, Prolonged Exposure, Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and Seeking Safety. We offer a variety of outpatient groups exclusively for women that vary depending on current staff/trainees and interest level of the women Veterans. Some of the groups we have offered are: PTSD Recovery Skills Group, Mood Group (CBT for Depression and Anxiety), Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT), Interpersonal Relationship Skills, Intimacy Recovery, Food for Thought, Acceptance and Commitment Therapy (ACT) for Trauma, Skills Training in Affective and Interpersonal Regulation (STAIR), Seeking Safety (PTSD and Substance Abuse), Yoga, and Integrative Restoration (IREST).

L.I.F.E. (Living Intentionally Fully and Empowered)

The L.I.F.E. Program is a 12-week, intensive outpatient treatment program for women with a history of complex sexual trauma, including Military Sexual Trauma (MST). The program includes structured groups and weekly individual therapy. The LIFE Program is integrative in its approach, utilizing attachment theory, cognitive, experiential, and mindfulness techniques as well as drawing on concepts from Cognitive Processing Therapy, Dialectical Behavioral therapy, Acceptance and Commitment Therapy (e.g., moving forward consistent with one's values), and Attachment Theory.

Psychology Training Provided: On this rotation, training is heavily influenced by the intern's training needs and interest and a strength of our program is that interns will get both generalist training, as well as

specialty training in trauma treatment and gender-specific care. Interns will typically participate in two to three groups and carry a caseload of five to seven individuals with a variety of presenting problems, including but not limited to Posttraumatic Stress Disorder, Depression, Panic Disorder, personality disorders, couples therapy, LGBT concerns, and relationship problems. Most of the patients on this rotation have a complex trauma history, often including childhood physical, emotional, and/or sexual abuse, and a large number of our referrals for therapy are for PTSD related to Military Sexual Trauma (MST). Depending on the case, interns may engage in crisis intervention, short-term focused psychotherapy, or longer-term psychotherapy. In addition to clinical work, the training rotation includes attendance at WMHC staff meeting, individual and group supervision, and weekly didactics, which are a combination of case presentations, didactic presentations, and journal club. Trainees in WMHC can participate in at least one LIFE group, which are on Tuesdays and Thursdays, and staff meeting is held on Thursdays at 12pm in which trainees are encouraged to attend. Supervisors are flexible to coordinate with trainees' schedule and their other rotations.

EBP opportunities provided by all supervisors **combined:** Cognitive Behavioral Therapy (CBT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Seeking Safety, Prolonged Exposure, Interpersonal Therapy.

Assessment opportunities: PAI, MMPI-2, MCMI, CAPS, SCID, MoCA, sexual health assessment.

Facility and Training Resources

Trainees are provided with office space and secure networked computers necessary for patient care and administrative responsibilities. They have access to the VA Medical Library services such entire text databases like Ovid, as well as VA Intranet and Internet resources for clinical work and research. Within the Psychology Department there is a comprehensive Psychology Assessment Lab, which includes a wide variety of psychological assessment instruments and test scoring programs.

Administrative Policies and Procedures

Due Process: All trainees are afforded the right to due process in matters of problematic behavior and grievances. An 8-page due process document is distributed to every pre-intern during orientation and reviewed with them subsequently. A copy of our due process policy is available on request.

Privacy policy: We collect no personal information from you when you visit our web site.

Self-Disclosure: We do not require pre-interns to disclose personal information to their clinical supervisors except in cases where personal issues may be adversely affecting an intern's performance and such information is necessary to address these difficulties.

PSYCHOLOGY TRAINING STAFF CREDENTIALS AND INTERESTS

BAGGETT, Linda R.

Current VA Position: Staff Psychologist, Women's Mental Health Center

Area of Specialization: Counseling Psychology

Degree: Ph.D., University of Memphis, 2012

VA hire: August 2013

E-mail address: linda.baggett@va.gov

Licensure: California (2013)

Theoretical Orientation: Integrative (e.g., Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT)).

Areas of Clinical Specialization: Women's Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, LGBTQ community, diversity, reproductive health.

Publications: sexual health, body image, diversity

Professional Organizations: American Psychological Association

Pre-intern Training Rotation: Women's Mental Health Center

Teaching/Training Interests: Women's Mental Health, Military Sexual Trauma (MST), Trauma/PTSD, Sexual Health, LGBTQ community, diversity, reproductive health, and professional development.

BENEDICT, Henry C.

Present VA Position: Staff Psychologist, Substance Abuse Treatment Clinic

Area of Specialization: Clinical Psychology

Degree: Ph.D., Washington University, 1967

VA Hire: 1967

E-mail address: henry.benedict@va.gov

Licensure: California (1969)

Theoretical Orientation: Integrative

Areas of Clinical Specialization: Psychodiagnostic evaluations; Chemical dependence including alcoholism, dual addiction and dual diagnosis; Individual and group psychotherapy

Publications: Cognitive dissonance, clinical exchange, dual diagnosis

Research Interests: Substance abuse, Posttraumatic Stress Disorder; ADHD with CSULB

Academic Appointments: Fuller Graduate School of Psychology

Professional Organizations: American Psychological Association

Pre-intern Training Rotation: Substance Abuse Treatment Program

Teaching/Training Interests: All aspects of clinical psychology, therapy, diagnosis, etc.

CHEREJI, Elizabeth

Current VA Position: Staff Psychologist, Primary Care-Mental Health Integration Program

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Southern California (USC) 2014

VA hire: October 2015

E-mail address: elizabeth.chereji@va.gov

Theoretical Orientation: Integrative, Cognitive Behavioral, Humanistic, Mindfulness, Existential

Areas of clinical specialization: Health psychology, substance abuse and co-occurring disorders, anxiety and mood disorders, mental health concerns among the homeless

Publications: Genetic and environmental factors associated with alcoholism; HIV risk reduction in homeless women; Hepatitis C with co-occurring pain and mental illness; treatment integrity

Teaching/Training interests: Psychosocial adjustment to medical concerns, coping with chronic illness, substance abuse (e.g., motivational interviewing, abstinence- and harm reduction-based approaches)

CHOU, L. Jennifer

Present VA Position: Staff Psychologist, Interdisciplinary Pain Management Clinic

Area of Specialization: Clinical Psychology

Degree: Ph.D., Palo Alto University, 2014

VA hire: 2015

E-mail address: Leetyng.Chou2@va.gov

Licensure: CA, 2016

Theoretical orientation: integrative, primarily CBT and ACT

Areas of clinical specialization: Health psychology

Research interests: chronic pain management/chronic health conditions; complementary and alternative medicine; suicide among Asian Americans; interpersonal moderators of therapy outcome.

Training rotation: Interdisciplinary Chronic Pain Management

Teaching/training interests: Chronic pain/CBT-CP, sleep/CBT-I, MI, sexual functioning, substance use, complementary and alternative medicine (e.g. mindfulness, yoga, meditation, biofeedback); telehealth.

CROSBY, Shelly M.

Current VA Position: Staff Psychologist, Combat PTSD program; LGBT Point of Contact/Clinical Coordinator

Area of Specialization: Clinical Psychology

Degree: Psy.D., Pepperdine University 2013

Predoctoral Pre-internship: VA Greater Los Angeles, Ambulatory Care Center

Postdoctoral Fellowship: Long Beach VA, Combat PTSD program

VA Hire: January 2015

E-mail address: shelly.crosby2@va.gov

Licensure: California (2014)

Theoretical Orientation: Integrative (Primarily Cognitive-Behavioral Therapy (CBT) with Humanistic and Acceptance and Commitment Therapy (ACT) influences).

Areas of Clinical Specialization: PTSD and co-occurring disorders (e.g. depression and substance use).

VA certified in Cognitive Processing Therapy (CPT); trained in Prolonged Exposure, Seeking Safety, CBT for insomnia, and mindfulness.

Training Rotation: Combat PTSD program

Teaching/Training Interests: Evidence-based treatment for trauma/PTSD (e.g. CPT and PE); education and outreach for diversity issues including the LGBTQ community; mentorship/professional development.

EISENBERG, Stacy A.

Current VA Position: Staff Psychologist, Primary Care Mental Health Integration

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Southern California 2014

VA hire: October, 2015

E-mail address: stacy.eisenberg@va.gov

Licensure: California (2015)

Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Mindfulness

Areas of clinical specialization: Adjustment to chronic medical conditions (e.g., cardiovascular disease, chronic pain, cancer); cognitive-behavioral treatment for insomnia, anxiety and depressive disorders

Publications: Coping with cancer, bidirectional relationship between physical health and emotional distress in patients with cardiovascular disease

Professional Organizations: Society of Behavioral Medicine, American Psychological Association, Association of VA Psychologist Leaders

Pre-intern Training Rotation: Primary Care Mental Health Integration (PCMHI)

Teaching/Training interests: Health psychology, brief psychotherapy in primary care setting, interdisciplinary collaboration, professional development

FRALEY, Sarah S.

Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder

Area of Specialization: Counseling Psychology; Spinal Cord Injury (postdoc at Rancho Los Amigos)

Degree: Ph.D., University of Iowa, 2004

VA hire: 2005; in Iowa returning to VA Long Beach November 2009

E-mail address: sarah.fraley@va.gov

Licensure: California (2005)

Theoretical Orientation: Integrative, Cognitive-Behavioral
Areas of clinical specialization: Rehabilitation psychology, Disability Affirmative Therapy, Director of SCI Peer Mentor Program, Faith-based approaches
Publications/Research interests: women's health psychology, sexual coercion, sexuality and disability, women and SCI/disability
Professional Organizations: American Psychological Association
Pre-intern Training Rotation: Spinal Cord Impairment Health Care Group
Teaching/Training interests: Rehabilitation psychology, vicarious traumatization/burnout, integrating spirituality in treatment.

GANZ, Michael

Present VA Position: Staff Psychologist
Area of specialization: Clinical Psychology
Degree: Ph.D., Biola University/Rosemead School of Psychology, 2008
VA hire: December 2014
E-mail address: michael.ganz@va.gov
Licensure: Hawaii (2009), California (2010)
Theoretical orientation: Presentation specific: EFCT, CBCT-PTSD, CBT, CPT, ACT, Psychodynamic
Areas of clinical specialization: Couples Therapy, Clinical Military Psychology
Publications/Research interests: Combat-specific coping and implications for treatment; Implementation of conjoint therapies to treat refractory PTSD symptoms; Connectedness as a modulator for resiliency
Training rotation: Couples Therapy
Teaching/training interests: Focus on EFCT, CBCT-PTSD, CBT, ACT, CPT, EMDR, and PE

GOMEZ, Megan E.

Current VA Position: Staff Psychologist, Behavioral Health Interdisciplinary Program (BHIP) & Primary Care Mental Health Integration (PCMHI)
Area of Specialization: Clinical Psychology, emphasis in neuropsychology
Degree: Ph.D., Fuller Theological Seminary, Pasadena, CA 2014
VA hire: 2015
E-mail address: megan.gomez@va.gov
Licensure: California (2016)
Theoretical Orientation: Integrative: Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT).
Areas of clinical specialization: Geropsychology, Neuropsychology
Publications: Pre-clinical Alzheimer's disease, Cognition in Parkinson's disease, Impulse Control Behaviors in Parkinson's disease, Complementary and Integrative Therapies for Mental Health and Aging
Pre-intern Training Rotation: BHIP
Teaching/Training interests: neurodegenerative diseases, cognition, aging, lifestyle factors, professional development

HUANG, John S.

Current VA Position: Staff Psychologist, PTSD Programs
Area of Specialization: Clinical Psychology
Degree: Ph.D., University of California, Santa Barbara, 2003
VA hire: 2006
E-mail address: john.huang2@va.gov
Licensure: California (2005)
Theoretical Orientation: Eclectic, Cognitive-Behavioral, Interpersonal Process
Areas of clinical specialization: Diversity issues, PTSD, meditation/relaxation
Publications/Research interests: Diversity and mental health.
Professional Organizations: Association for Contextual Behavioral Science
Training Rotation: Combat PTSD program
Teaching/Training interests: Diversity; Buddhism, Christianity
Hinduism, and Native American spirituality.

HUNG, Juliet

Present VA Position: Staff Psychologist, Santa Ana CBOC

Area of Specialization: Clinical Psychology, trauma, EBP, psychodynamic, and psychological testing

Degree PhD, 2000, California School of Professional Psychology (CSPP – LA Campus)

APA Accredited Postdoctoral Fellowship at the Menninger Clinic, Topeka, KS 2001

ABPP in Clinical Psychology, 2014

VA Hire: 2006

E-mail address: Juliet.Hung@va.gov

Licensure: California, 2003

Professional Activities Outside the VA: ABPP

Professional Organizations: American Psychological Association, ABPP

Theoretical Orientation: Cognitive-behavioral and Psychodynamic (Attachment/Object Relations)

Pre-intern Training Rotation: Outpatient Mental Health/Community Based Outpatient Clinic

Teaching/Training Interests: EBP (CPT/CBT, PE, DBT, etc.), psychodynamic psychotherapy, differential diagnosis, individual and group psychotherapy, professional training & development, multicultural and community psychology, forensic psychology, assessment and treatment of characterological disorders, trauma-related disorders, depression and disordered eating behaviors.

KERNER, David N.

Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder

Area of Specialization: Clinical Psychology

Degree: Ph.D., Joint Doctoral Program, UC San Diego/San Diego State University, 1998

VA hire: 2001

E-mail address: david.kerner2@va.gov

Licensure: Illinois (2000)

Theoretical orientation: Cognitive-Behavioral

Areas of clinical Specialization: Medical psychology, rehabilitation psychology, chronic pain management

Publications: Outcome methodology, health psychology

Professional organizations: American Psychological Association

Pre-intern Training Rotation: Spinal Cord Impairment Health Care Group

Teaching/training interests: Medical/health psychology, rehabilitation psychology, physiological psychology, pain management.

KRAEMER, LIA M.

Present VA Position: Health Behavior Coordinator

Area of specialization: Clinical Psychology

Degree: Ph.D., UCLA, 2009

VA hire: 2011

E-mail address: lia.kraemer@va.gov

Licensure: California, 2011

Theoretical orientation: Integrative; Cognitive-Behavioral

Areas of clinical specialization: clinical and health psychology, consultation-liaison

Publications/research interests: couples' coping strategies as predictors of adjustment to breast cancer; stress and marital functioning over time.

Pre-intern training rotation: Health Promotion and Disease Prevention

Teaching/training interests: Health psychology/behavioral medicine, consultation, MI, psychotherapy

LOPEZ, Corina

Present VA Position: Primary Care Mental Health Integration Psychologist, Co-Health Behavior Coordinator

Area of specialization: Clinical Health Psychology

Degree: PhD, University of Miami, 2013

VA hire: January 2015

E-mail address: corina.lopez@va.gov

Licensure: California 2015

Theoretical orientation: Integrative (CBT, behavioral, insight oriented, existential, humanistic)
Areas of clinical specialization: Clinical and health psychology, consultation-liaison psychology, mindfulness and meditation, Psycho-oncology/end of life/hospice
Publications/Research interests: Psychological and Physical effects of Cognitive Behavioral Stress Management Interventions in chronically ill populations, Ethnic Identity and Perceived Stress
Professional organizations: American Psychological Association, Division 38
Pre-intern training rotation: Primary Care Mental Health Integration (PCMHI)
Teaching/training interests: Health Psychology, Behavioral Medicine, mindfulness/meditation, brief psychotherapy, end of life

LOPEZ, Deirdre

Present VA Position: Staff Psychologist, Assistant Director of Training/Pre-Internship Coordinator
Area of specialization: Clinical Psychology
Degree: Ph.D, University of Missouri--Columbia, 1996
VA hire: 2009
E-mail address: deirdre.lopez2@va.gov
Licensure: CA 17810, 2002 (prior licensure in Missouri)
Theoretical orientation: Humanistic, cognitive-behavioral, psychodynamic
Areas of clinical specialization: Trauma and PTSD
Publications/Research interests: Trauma and attachment, moral injury, somatic trauma processing, EMDR
Training rotation: Combat PTSD program
Teaching/training interests: EMDR, moral injury, professional development, mental health administration

LOVATO JACKSON, Lauren

Current VA Position: Staff Psychologist
Area of Specialization: Clinical Psychology
Degree: Psy.D., Pepperdine University, 2010
VA hire: 2015
E-mail Address: lauren.lovatojackson@va.gov
Licensure: California (2012)
Theoretical Orientation: CBT/DBT
Areas of Clinical Specialization: Trauma-focused treatments including Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE); treatment of Borderline Personality Disorder (BPD) using Dialectical Behavior Therapy (DBT); Treatment of BPD and PTSD using the DBT+PE conjoint protocol; treatment of chronic depression using Cognitive Behavioral Analysis System of Psychotherapy (CBASP)
Publications/Research interests: Treatment of individuals with co-occurring Posttraumatic Stress Disorder and Borderline Personality Disorder; Clinician implementation of exposure-based treatments for PTSD.
Teaching/training interests: Case-conceptualization driven treatment; DBT; DBT+PE; CBASP

MCDougall, Tatiana V.

Present VA Position: Staff Psychologist; Couples and Family Therapy
Area of specialization: Clinical/Community and Applied Social Psychology
Degree: Ph.D., University of Maryland, Baltimore County, 2014
VA hire: 2015
E-mail address: tatiana.mcdougall@va.gov
Licensure: MD, 2015
Theoretical orientation: Integrative (Cognitive Behavioral, Psychodynamic, and mindfulness-based/3rd wave therapies) with focus on interpersonal, attachment-based, and experiential approaches.
Areas of clinical specialization: Couples Therapy, Dialectical Behavior Therapy, Diversity and multicultural psychology
Publications/Research interests: Attachment style and stress in intimate relationships, impact of family factors on psychological health, minority student development
Training rotation: Couples Therapy
Teaching/training interests: Integrative case-conceptualization, attachment-based approaches (EFCT), and mindfulness-based approaches

MESSINIDES, Leigh A.

Present VA Position: Staff Psychologist, Local Evidence-Based Psychotherapy Coordinator

Area of Specialization: Clinical Psychology, aging and trauma, health psychology

Degree: Ph.D., UCLA 1992

VA Hire: 1992

E-mail address: leigh.messinides@va.gov

Licensure: California, 1993

Theoretical Orientation: Integrative, informed by attachment theory

Professional Activities Outside the VA: APA Division 48 (Society for the Study of Peace, Conflict, and Violence)

Professional Organizations: American Psychological Association

Pre-intern Training Rotation: Community Based Outpatient Clinic

Teaching/Training Interests: developmental aspects of trauma, attachment theory, social justice issues in clinical psychology, how psychotherapy is informed by the empirical process

MONA, Linda R.

Current VA Position: Lead Staff Psychologist, Spinal Cord Injury/Disorder

Area of Specialization: Clinical Psychology

Degree: Ph.D., Georgia State University, 1998

VA hire: 2001

E-mail address: linda.mona@va.gov

Licensure: California (2000)

Theoretical Orientation: Integrative; Cognitive-Behavioral

Areas of clinical specialization: Rehabilitation psychology, Disability Affirmative Therapy, Multicultural and Diversity issues in Psychology, Sex therapy

Publications: Sexuality and Disability, Older adults and sexuality, PTSD and SCI, Disability Policy

Professional Organizations: American Psychological Association, American Association of Sex Educators, Counselors, and Therapists

Pre-intern Training Rotation: Spinal Cord Injury/Disorder Health Care Group

Teaching/Training interests: Psychology of disability, rehabilitation psychology, sexual expression and sex therapy, diversity issues and cross-cultural psychology

NYASIO, Tara M.

Current VA Position: Staff Psychologist

Area of Specialization: PTSD, Primary Care-Mental Health Integration

Postdoctoral fellowship: Trauma/PTSD (VA Loma Linda)

Degree: PsyD, Fuller Graduate School of Psychology, Pasadena, CA, 2012

VA hire: October 2012; August 2015 (VA Long Beach)

E-mail address: Tara.Nyasio@va.gov

Licensure: California (2012)

Theoretical Orientation: Cognitive Behavior Therapy

Professional Organizations: California Psychological Association

Pre-intern Training Rotation: Primary Care-Mental Health Integration

Teaching/Training interests: Trauma/PTSD, anxiety spectrum disorders, depression, short-term therapy

POTTS, AMY A.

Current VA Position: Staff Psychologist, Behavioral Health Interdisciplinary Program (BHIP)

Area of Specialization: Clinical Psychology

Degree: Ph.D., Fuller Graduate School of Psychology (2010)

VA hire: October 2011 (Atlanta VAMC), September 2015 (VA Long Beach HCS)

E-mail address: Amy.Potts@va.gov

Licensure: GA (2011)

Theoretical Orientation: Integrative (e.g., Cognitive Behavioral Therapy, Biopsychosocial, Interpersonal/Psychodynamic psychotherapy). VA-Certified Provider in both Cognitive Processing Therapy (CPT) and in Prolonged Exposure (PE) Therapy.

Areas of clinical specialization: Trauma-focused treatments including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) Therapy, and other Evidence-Based Treatments including Stress Inoculation Training (SIT), CBT for Depression, Anxiety disorders, and chronic pain management; Diversity Variables and Multicultural Psychotherapy.

Publications: First-episode Psychosis and Serious Mental Illness; PTSD and factors that impact the development of PTSD symptomatology; Exposure to Violence, Adjustment, Burnout, and Traumatic Loss among Humanitarian Aid Workers; Assessment of PTSD and Childhood Abuse Within Multicultural and Pre-international Contexts.

Teaching/Training interests: PTSD assessment and treatment, Vicarious Traumatization and Burnout, Military Sexual Trauma, First-episode Psychosis and the prodrome, Social justice issues and treatment for underserved populations.

REGER, Stacy L.

Current VA Position: Staff Psychologist, Spinal Cord Injury/Disorder

Area of Specialization: Clinical Psychology; Geropsychology

Degree: Ph.D., University of Nevada Las Vegas, 2014

VA Hire: 2015

E-mail address: stacy.reger@va.gov

Licensure: California (2015)

Theoretical Orientation: Integrative; Interpersonal Process

Areas of Clinical Specialization: Adjustment to disability and/or chronic health conditions; geropsychology; clinical psychology in medical settings; neuropsychological assessment; end-of-life and serious illness

Publications/Research Interests: Post-traumatic stress disorder and aging; physical pain, trauma, and aging; resilience; end-of-life issues; grief; aging and cognition

Professional Organizations: APA, CPA

Pre-intern Training Rotation: Spinal Cord Injury/Disorder Health Care Group

Teaching/Training Interests: Aging; coping with and adjustment to disability and/or chronic health conditions; grief; practicing psychology in a medical setting; diversity; professional development

SCOTT, Andrea

Present VA Position: Staff Psychologist & Postdoctoral Training Director

Area of specialization: Clinical Psychology

Degree: PhD, Palo Alto University, 2013

VA hire: 2014

E-mail address: andrea.scott@va.gov

Licensure: CA, 2015

Theoretical orientation: Integrative (cognitive-behavioral; psychodynamic; motivational interviewing)

Areas of clinical specialization: Health psychology

Research interests: CIM (Complementary and Integrative Medicine)

Training rotation: Health Psychology/Behavioral Medicine

Teaching/training interests: Tobacco Cessation, CBT-I, MOVE!, mental health readiness evaluations, biofeedback, MI

SHOLTY, Gretchen L.

Current VA Position: Staff Psychologist, Women's Mental Health Center; Director- Psychology Training Program

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of California, Los Angeles (UCLA) 2012

VA hire: September 2013

E-mail address: gretchen.sholty@va.gov

Licensure: California (2014)

Theoretical Orientation: Integrative (e.g., Interpersonal/Psychodynamic psychotherapy, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT). VA Certified in Dialectical Behavioral Therapy (DBT) and Cognitive Processing Therapy (CPT).

Areas of clinical specialization: Women's Mental Health, Military Sexual Trauma (MST), Trauma and Sexual Health, LGBTQ community, Serious Mental Illness (SMI), Recovery-oriented treatment

Publications: schizophrenia, recovery-oriented programming, ACT for psychosis, sexual health

Professional Organizations: American Psychological Association

Pre-intern Training Rotation: Women's Mental Health Center

Teaching/Training interests: Professional Development, Women's Mental Health, Military Sexual Trauma, DBT, Recovery-oriented programming, professional development

TILLMAN, Shaquita

Current VA Position: PC-MHI Psychologist, Women's Health Clinic

Area of Specialization: Clinical Psychology

Degree: Psy.D., Pepperdine University (2012)

VA hire: October 2015

E-mail address: shaquita.tillman@va.gov

Licensure: California (2014)

Theoretical Orientation: Integrative (e.g., Cognitive Behavioral Therapy, Interpersonal/Psychodynamic psychotherapy, and Humanistic models). VA Certified in Cognitive Processing Therapy (CPT).

Areas of clinical specialization: Women's Mental Health, Military Sexual Trauma (MST), Intimate Partner Abuse, Substance Use Disorders, & Diversity/Multicultural Counseling.

Publications: Interpersonal Trauma (e.g., Child Sexual Abuse, Rape, Intimate Partner Abuse)

Teaching/Training interests: Women's Mental Health, Military Sexual Trauma, & Substance Use Disorders.

TINGEY, Richard C.

Present VA Position: Staff Psychologist; Director, Pathways Recovery Center

Area of Specialization: Clinical Psychology

Degree: Ph.D., Brigham Young University, 1989

VA Hire: 1995

E-mail address: richard.tingey@va.gov

Licensure: California (1991)

Theoretical Orientation: Acceptance & Commitment Therapy (ACT), Psychodynamic, Object Relations, Dialectical Behavioral Therapy (DBT)

Areas of Clinical Specialization: Severe chronic mental illness, addictive disorders

Publications: Psychotherapy outcome, outcome methodology

Research Interests: Therapy outcome, brief treatment, treatment efficacy, ACT, substance abuse

Professional Organizations: Association for Contextual Behavioral Science, American Psychological Association.

Pre-intern Training Rotation: Pathways Recovery Center: A mental health recovery program

Teaching Interests: Group psychotherapy, ACT, DBT, Psychodynamic Tx, SA treatment, Recovery from Severe Mental Illness

WILLIAMS, Camila R.

Current VA Position: Staff Psychologist, Women's Mental Health Center

Area of Specialization: Clinical Psychology

Degree: Ph.D., University of Utah, Salt Lake City 2014

VA hire: October 2015

E-mail address: camila.williams@va.gov

Licensure: California (2016)

Theoretical Orientation: Cognitive Behavioral Therapy (CBT), Family Systems. VA Certified in Cognitive Processing Therapy (CPT).

Areas of clinical specialization: Combat PTSD; Evidence-based treatment of PTSD, Depression, Anxiety, and Substance Abuse disorders; mindfulness/relaxation. Publications: Interpersonal processes in anxiety disorders; coping processes in combat PTSD; marital satisfaction and psychological functioning among

spouses of combat Veterans with PTSD; spouses' perceptions of Veteran's PTSD; post deployment adjustment.

Professional Organizations: Pre-international Society for Traumatic Stress Studies (ISTSS), Association for Behavioral and Cognitive Therapies (ABCT)

Pre-intern Training Rotation: Women's Mental Health Center

Teaching/Training interests: Evidence-based therapies (CBT/CPT/PE), trauma, substance use disorders

YADAVAIA, James (Jamie)

Present VA Position: Staff Psychologist

Area of specialization: Clinical Psychology

Degree: PhD, University of Nevada, Reno, 2013

VA hire: 2014

E-mail address: James.Yadavaia@va.gov

Licensure: California, 2014

Theoretical orientation: Mindfulness/Acceptance-Based Cognitive-Behavioral Therapies (ACT, DBT), Traditional CBT (including CPT), Motivational Interviewing

Areas of clinical specialization: General Mental Health, including Serious Mental Illness, PTSD, and Borderline Personality Disorder

Publications/Research interests: Self-Compassion, Mental Health Recovery Movement, LGBT Concerns, Self-Stigma

Pre-intern training rotations: Inpatient Psychiatry, BHIP

Teaching/training interests: Group and Individual Psychotherapy, Issues of Diversity in Clinical Work and Supervision, Collaboration within Interdisciplinary Teams

ZIZAK, Vanessa S.

Present VA Position: Neuropsychologist

Area of specialization: Clinical Neuropsychology

Degree: Ph.D.: Palo Alto University, 2010

VA hire: 2012

E-mail address: Vanessa.Zizak@va.gov

Licensure: California (2014)

Theoretical orientation: Integrative (CBT/ Biopsychosocial model)

Areas of clinical specialization: Neuropsychological Assessment

Publications: Cognition and emotion in patients with MCI, Alzheimer's, Parkinson's, and Huntington's disease; depression, TBI, and psychotic major depression, and in pre and post bariatric surgery patients.

Directions to the VA Long Beach Medical Center and Psychology Department

The VA Long Beach Healthcare Center is located on the corner of Bellflower Boulevard and Seventh Street in Long Beach. It is adjacent to California State University at Long Beach, and is just northeast of where Pacific Coast Highway intersects with Bellflower Blvd. and Seventh Street. For more information on orienting yourself to VA Long Beach, please check the VA Long Beach Website. www.longbeach.va.gov

Freeway access from the North on the San Diego Freeway (405)

- Take the Bellflower Blvd. exit going south.
- On Bellflower Blvd., after passing shopping areas and crossing Atherton Street, you will come upon CSU Long Beach on the left.
- Immediately after Beach Drive are the VA grounds, also on the left.
- Since you cannot make a legal left turn on Sam Johnson Road, you must go further to Palm Road where there is a left turn lane enabling you to enter the VA grounds through Gate 3.

Freeway access from the North on the San Gabriel Freeway (605)

- Take the Seventh Street (22 West) exit.
- After passing CSU Long Beach on the right on Seventh Street, you will come upon the VA, which is also on the right.
- Directions are easier if you pass the main VA entrance and make a right on Bellflower Boulevard.
- Take the second hospital entrance (Sam Johnson Road) and proceed straight (east) and park in the lots on your the left hand side after you pass the intersection with Canob Road.

Freeway access from the South on the San Diego Freeway (405)

- Take the Seventh Street (22 West) exit.
- After passing CSU Long Beach on the right on Seventh Street, you will come upon the VA, which is also on the right.
- Directions are easier if you pass the main VA entrance and make a right on Bellflower Boulevard.
- Take the second hospital entrance (Sam Johnson Road) and proceed straight (east) and park in lots on your the left hand side after you pass the intersection with Canob Road.

The Psychology main offices are located on hallway "A-2" on the second floor of Building 128.

- Proceed up the steps and cross the street and walk up the sidewalk to the right (west) of the Community Living Center.
- Voluntary services with a blue awning will be on your right.
- Keep walking straight until you enter through the double doors, make a right, and proceed down a long corridor. You'll get to an intersection, and please turn left there.
- Go through the sliding glass door and then make a right, following the signs for A-2. Make your second left and you'll see two elevators on the left.
- Take one up to the second floor, turn left, proceed down the hall to the end and check in with our Program Support Assistant Sue Suh in the Psychology office (A-200).
- The Director of Training is in the office within her office, A-201.
- If you need additional directions, please call us at (562) 826-5604.
- We'll have more information with acceptance announcements as to which building and room number we'll congregate in, and .pdf facility maps are available for email attachments upon request.